

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	2 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	3 Pickleball, 7:00a-7:00p, Outdoor MSC
4 Pickleball, 12:00p-6:00p, Outdoor MSC	5 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Birthday Celebrations Brunch, 10:00a-12:00p, Cost \$5	6 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	7 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a ASK-A-PT, 10:00a-11:00a "Y-Sew-Fun" Sewing Group, 11:30a	8 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	9 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	10 Pickleball, 7:00a-7:00p, Outdoor MSC
11 Pickleball, 12:00p-6:00p, Outdoor MSC	12 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p Movie and Popcorn, 1:00p-3:00p 'Up' by Disney-Pixar	13 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	14 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Frauds and Scams Free Presentation, 11:00a-12:00p "Y-Sew-Fun" Sewing Group, 11:30a	15 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	16 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a SENIOR PROM, 6:00p-8:00p, Cost \$10 Event Center	27 Pickleball, 7:00a-7:00p, Outdoor MSC
18 Pickleball, 12:00p-6:00p, Outdoor MSC	19 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Mercy Health Free Workshop, 9:30a-11:00a	20 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	21 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Medicare and Muffins, 9:30a-11:30a Carillon Park Day Trip, 9:45a-4:45p, Cost \$55 Y-Sew-Fun" Sewing Group, 11:30a	22 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	23 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	24 Pickleball, 7:00a-7:00p, Outdoor MSC
25 Pickleball, 12:00p-6:00p, Outdoor MSC	26 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00-12:00p	27 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	28 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bingo, 10:00a-11:30p, Cost \$3 Y-Sew-Fun" Sewing Group, 12:30p	29 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Book Club, 1;00p-3:00p	30 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	31

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Bonnie	A	
Time To Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone, & Balance	9:00	30	LLS	Susan	1	
Renew Yoga	9:15	60	SS	Reema	A	
Gentle Pilates	9:45	60	LLS	Susan	A	
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
Community Arthritis Plus	12:00	45	SCP	Anita	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Active Flow Yoga	6:00	75	SS	Karen	A	
Rocking The Waves	6:15	60	SCP	Becky	2	

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Sue	A	
Time To Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Marsha	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Gentle Pilates	10:30	60	SS	Susan	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
Community Arthritis Plus	12:00	45	SCP	Anita	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Rhonda K	2	

FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	
Time To Stretch	8:00	30	SS	Kelly	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
Gentle Yoga	9:15	60	SS	Tracy	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Destiny	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	
Yoga Flow	8:45	60	SS	Hannah	A	
Hi/Lo Aerobics	10:15	50	S2	Kelly	1-2	

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Laura	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Community Arthritis Release	12:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Slow Flow Yoga	5:45	60	SS	Jennifer	A	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Janis	3	

THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Slow Flow Yoga	9:15	60	SS	Jennifer	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Community Arthritis Release	12:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Janis	3	

KEY

ROOMS

- LLS Lower Level Studio
- SS Spirit Studio
- SFR Starter Fitness Room
- SCP Stolle Center Pool
- S1 Studio 1
- S2 Studio 2
- S3 Studio 3

INTENSITY LEVELS

- A All Fitness Levels
- 1 Beginner
- 2 Intermediate
- 3 Advanced
- Water Fitness Class
- Age Limit